

The KITCHEN CABINET

I think that I shall never see
A poem lovely as a tree.
A tree whose hungry mouth is prest
Against the earth's sweet flowing
breast.
A tree that looks at God all day
And lifts her leafy arms to pray;
A tree that may in summer wear
A nest of robins in her hair;
Upon whose bosom snow has lain,
Who intimately lives with rain,
Poems are made by fools like me,
But only God can make a tree.
—Joyce Kilmer.

FEEDING THE SICK AND CONVALESCENT

Few families are so fortunate as to escape illness during some time of their history. Good feeding is an important factor in maintaining health, but in spite of good food a sudden chill or strain of overwork or worry will overwhelm even a strong and healthy body.

Since all food must be reduced to fluid form before it can be digested and assimilated, that seems to be the best form to serve it to those who are ill. This diet includes broths and clear soups of various kinds, beef juice and beef tea, cereals, gruels, milk plain or modified to make it more digestible, nutritious or more agreeable to the patient, raw eggs in combination with water, milk, fruit juices or cocoa and cream soups of various kinds.

Broths, clear soups and beef tea have little nourishment, but stimulate the appetite, are refreshing when cold or soothing when hot; they also stimulate the flow of gastric juice. By adding eggs, milk or the thickening of cereal flour like barley or rice, they may be quite nutritive.

Cereal gruels are neither stimulating nor irritating and are most useful when the appetite is poor and digestion weak, as they are quickly digested and absorbed.

Like broths, gruels may be enriched by eggs, cream and milk, for one could not drink enough to keep up the body energy without the addition of some more nutritive food.

Milk is one of the most valuable foods for sick people and fortunately most patients like it. It has been called the perfect food. Its value may be increased by changing its flavor, adding yeast to it making a drink called koumiss and by adding junket or rennin to partly digest it making it more palatable and adding variety.

The world would be more happy and the mass of people in it just as wise, if they would whistle more and argue less.

SOME CHOICE DESSERTS.

A delicious and well-prepared dessert will often help us to forget that the preceding dishes were not all that we desired. At this season of the year frozen desserts and light, easily digested dishes are more suitable. During the hot weather we need refreshing combinations rather than the nourishing; however, one may have both in a dish of ice cream. A most satisfactory sherbet, which is both delicious and economical, is

Velvet Sherbet.—Take the juice of three lemons, two cupsful of sugar and a quart of good milk, the richer the better, though ordinary milk will be satisfactory. Freeze and serve in sherbet cups.

Orange and Lemon Sherbet.—Take the juice of two oranges, two lemons and two cupsful of sugar and a quart of this cream; freeze as usual.

Dainty Dessert.—Take a pound of marshmallows and a cup of pecans cut fine; cut the mallows into quarters and add enough whipped cream to blend and hold them together. Into a large-topped sherbet glass put a tablespoonful of any canned fruit juice, fill with the whip and serve with a cherry as a garnish.

Duchess Cream.—Take six table-spoonfuls of tapioca; cook until clear; cool, add a pinch of salt, one cupful of sugar, the juice from a can of pineapple, the juice of two oranges and two lemons; cook until thick. Cool, then add the pineapple, one cupful of nuts and a pint of whipping cream. This makes enough to serve 15, so that the recipe may be cut in half for an ordinary family.

Chocolate Pudding.—Take one egg and when well beaten add one-half cupful of sugar, one cupful of milk, two squares of chocolate melted, one and one-half cupfuls of flour sifted with three teaspoonfuls of baking powder. Steam one and one-half hours and serve with

Foamy Sauce.—Beat one egg, add one cupful of powdered sugar mixed with two table-spoonfuls of softened butter, a pinch of salt and a little flavoring; then fold in one cupful of whipped cream.

Grapenuts Pudding.—Prepare one package of lemon jelly as usual, then add one cupful of steamed raisins, one-half cupful of sugar and one cupful of grapenuts; six walnut meats cut fine, all well mixed. Put into a mold and serve with whipped cream.

To hear the call of thrushes some late green plush afternoon,
When broken, fading shafts of light
go groping for the one last sight
of songsters in the gloom.
To swing along the rugged trail that
spruce and hemlocks climb,
'Till on the hill's high top you come
to stand exalted in the sun! Ah,
this is summer time.
—Beulah Rector.

ORIGINAL DESIGNS IN COOKERY.

To the artist cook who really enjoys mixing ingredients, as a painter does his colors, there is no limit to the tasty, delightful dishes which one may originate or enlarge upon, with the materials at hand. Take for instance a steamed plum pudding. A piece of corn bread, a half a cupful of cooked oatmeal, a few bread crumbs, a cupful of left-over cocoa and a few raisins with two egg yolks left from a frosting or dessert will make a most tasty pudding. After some experience in handling foods one may concoct toothsome dishes of bits of left-overs. It is not always wise to tell all one knows as to a dish, for some conscientious objectors will refuse to even try a made-over or rearranged food.

Savory salads which have some elusive aroma and seasoning which adds to their charm and is hard to determine, makes such a dish "something different." One must follow a few fundamental principles in cookery; and after that let the imagination buzz. The cook who wastes nothing, but at the same time serves her food in a dainty, tasty and appetizing manner, is a real genius, and her talents are in constant demand.

Do you throw away the half-cupful, cupful or more of melted ice cream that might make a pudding for the next day or be used in a cake, adding less sugar?

Sandwich filling and salads make a wide field for original designs, as well as flour mixtures.

The woman who discovered that a sponge cake could be made more fetching by adding the yolks unbeaten, one at a time, and not stirring them very freely, had a cake that attracted much comment because of its streaked gold-and-white appearance. Accident often is the mother of new things, but the housewife who is looking for new and pleasing effects will find them all the while.

The art of cooking cannot be learned out of a book any more than the art of swimming or the art of painting. The best teacher is practice; the best guide sentiment (providing you have any).

FOOD COMBINATIONS.

There is no law which governs the foods that go well together, for the kind of food served depends upon whether you are an oriental or a Bostonian. The tastes of a people determine the food combination. It is a study which is both a science and an art. We may seem to thrive on one kind of food, but we find that where two or three are served they digest better and are better able to keep up the body activities. If we treat the body as a well regulated furnace which is fed at intervals, not stuffed with the day's allowance which will choke the fires through imperfect combustion, we will be intelligent in the choice and care of food.

If we overeat we waste good fuel, and overwork the furnace; if we are undernourished the furnace cannot give off heat or supply energy.

The three food principles which we find supply the body in the best possible manner are proteins, meat, fish, eggs and milk, fats which are obtained from butter, cream and nuts, carbohydrates or sugars and starches represented by potatoes, rice and sugar. To see that these three foods are included in each meal we have what is called a well-balanced meal, if they are served in good proportions.

In each meal we have another responsibility to see that foods containing iron, phosphorus and calcium are given as well as some which furnish the roughage or ballast necessary to give bulk to the food.

Fruits which excite the appetite are used first, as fresh fruit for breakfast and sweets are used as a finish, or dessert, as sugar dills the appetite; a good reason for never giving children sweets just before a meal, a practice far too common among mothers.

Some people are sensitive to certain foods or combinations which others enjoy with comfort; this is owing to some peculiarity of the body machine; of course these things should be avoided. Happy the man and woman who is normal and is able to eat, digest, assimilate and enjoy all the good things provided by our all-wise Creator. The menu maker needs to know her family, to recognize the value of variety, and yet not to overdo it, for we all are faithful to the old favorites.

Nellie Maxwell

ALL FAMILIES WANT AN AUTO

Machines Have Rapidly Developed From "Freak" Stage to Absolute Necessity.

LARGE FACTOR IN PROGRESS

Production Has Increased by Leaps and Bounds Until Today There Are More Than 5,000,000 Motor Cars in the United States.

When the first horseless carriage appeared we looked it over curiously, nudged each other knowingly, made jocular remarks and went about our business wondering what those crazy inventors would do next. Thus began the evolution of what is today our third greatest industry. From the freak stage, the automobile developed into a rich man's plaything.

Finally, after many vicissitudes, we were forced to recognize it as a possible commercial proposition.

From a possibility to a probability—and soon to a certainty—the automobile quickly arrived at its proper position in the scheme of things. And that position is an exalted one.

All Families Want Cars.
The automobile today is so effective a factor in the progress and happiness of humanity that it is every family's ambition to possess one.

Logically, its production has increased by leaps and bounds, until today there are more than 5,000,000 automobiles in the United States alone.

They have become a national necessity, employed in every avenue of industry—to save time and widen zones of trade.

They have brought fresh air and the wonders of the open country to multitudes, lessening distances and promoting closer fellowship.

That, in brief, is the past and present of the automobile.

What, then, of the future?

We hear much less than formerly of the approach of a so-called saturation period—a time when so many cars will have been built that sharp curtailment of output must come.

Industry in Infancy.

The more we reflect, investigate and analyze, the more our common sense tells us that the building of cars is still an infant industry.

In the first instance, we take into account that which we all know to be true; namely, that he who once owns a car will contrive to own one as long as he has the price.

That means, in round figures, that more than a million automobiles must be built this year to replace those that will wear out. This is on the conservative basis that the average car has a useful life of five years.

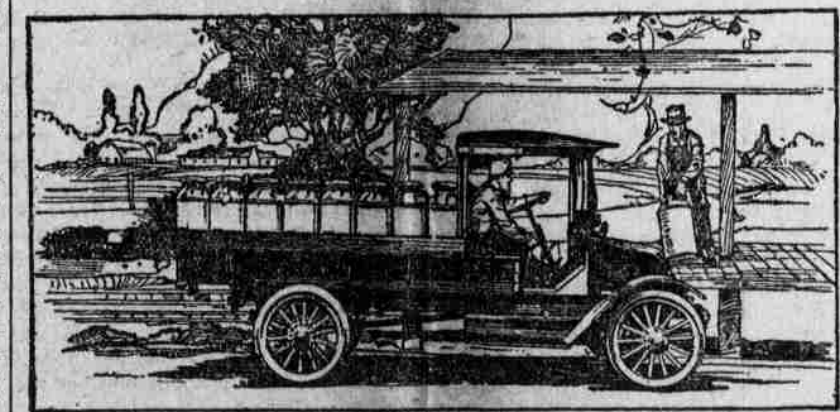
The future of the automobile is something for succeeding generations to worry about—maybe—but he is a rank pessimist who will say today that it is anything but rosy.

GRINDING NOISES IN GEARS

Trouble Can Be Reduced by Using Heavier Grease, but Good Judgment Must Be Used.

Grinding noises in gearset or differential can be reduced by using a heavier grease, but judgment must be used, as it is easy to get a grease so heavy that when it is chilled it will squeeze out of the gears and stay out, causing them to run dry, and thus aggravating the trouble.

MOTORTRUCKS HAVE REVOLUTIONIZED BUSINESS OF QUICK TRANSPORTATION



Motor Truck Facilitates Transportation of Milk.

When the necessity for moving war essentials simply overwhelmed the railroads and paralyzed shipping conditions, the world was brought to a realization of what motor trucks could accomplish in emergencies. Thousands of business men learned the answers to their individual transportation problems and will permanently profit by them. It is apparent, on the other hand, that many others have even yet failed to come to a complete realization of all that the motor truck means to present and future transportation.

No industry, no business house requiring either pick-up or delivery can obtain full success today without the use of one or more trucks. The public demands quick service—motor truck delivery is the solution.

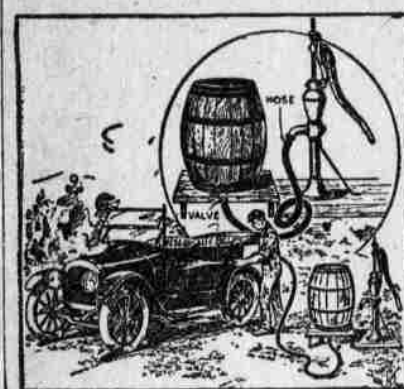
Daily Object Lessons.

Every day the object lesson is driven home. One merchant increases his business because of the dependability of his deliveries. His competitor, with otherwise equally good facilities, bare-

DIFFICULTY IN WASHING CAR

Operation Can Be Performed by Man Working Alone If Barrel Is Placed on Platform.

The great difficulty in washing automobiles, where no water under pressure is available, is to operate the sprayer pump, and at the same time use a sponge effectively, says Popular Mechanics Magazine. A large water and air-tight barrel with both heads intact will be required. A faucet or valve, to which a hose can be attached, is inserted in one of these heads. The barrel is then placed, with the faucet down, upon some sort of platform. A hose is attached to this faucet and to the nozzle of the force pump. After the valve is opened, water should be pumped into the barrel, until it is about three-fourths full. The



Water From a Well or Cistern Is Used With All the Convenience of a City Pressure System.

valve is then closed, and the hose is removed from the nozzle of the force pump. To use the barrel as a force sprayer, it is only necessary to put a nozzle on the hose and open the valve at the bottom of the barrel. The air, which is compressed by pumping the water into the barrel, forces the water out when the valve is opened, thus making an effective spray. All these operations can be performed by a man working alone.

TAR REMOVED FROM MACHINE

Almost Impossible to Run Over New Roads or Pavements Without Getting Some on Car.

It is hardly possible to drive a machine over newly tarred roads or pavements without getting at least some of the tar on the body. If treated in time the spots are not difficult to remove. The machine should be washed to eliminate all the grit, and carefully dried with kerosene, so that the tar will not smear. A little vasoline applied over each spot and worked in with the fingers will help to remove the stains. A thorough wash with body soap and a finish polish in the usual manner completes the operation.

When going down a long hill change from one brake to the other so as to allow the lining to cool. If this is not done brake linings wear away rapidly and sometimes burn. Thus, by frequent changes you prolong the life of the lining several hundred per cent.

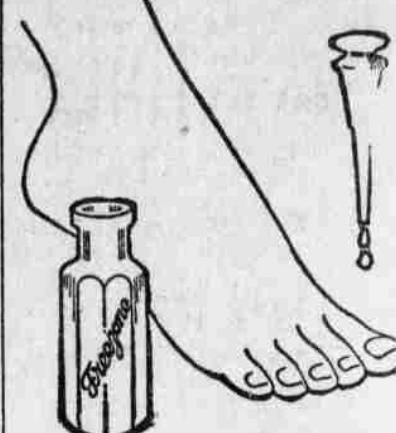
ONE-WAY BUSINESS HARMFUL

Too Many Motortruck Routes Inaugurated Where Driver Returned With Empty Truck.

(Prepared by the United States Department of Agriculture.)
Too many motortruck routes have been started where a good one-way business was secured and the operator felt justified in returning with empty trucks. It is unsafe to generalize, but it may be definitely stated at this point that practically no route has ever been successful which has depended on a one-way load.

Lift off Corns!

Doesn't hurt a bit and Freezone costs only a few cents.



With your fingers! You can lift off any hard corn, soft corn, or corn between the toes, and the hard skin calluses from bottom of feet.

A tiny bottle of "Freezone" costs little at any drug store; apply a few drops upon the corn or callus. Instantly it stops hurting, then shortly you lift that bothersome corn or callus right off, root and all, without one bit of pain or soreness. Truly! No humbug!

Resourceful Individual.

"Brown's in luck, ain't he?"

"Huh?"

"He used the telephone and electric light poles around his house in making his chicken yard. All he had to buy was the wire and staples."

Never trade autos with a gink who cheats himself playing solitaire.

WHY DRUGGISTS RECOMMEND SWAMP-ROOT

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder medicine.

It is a physician's prescription. Swamp-Root is a strengthening medicine. It helps the kidneys, liver and bladder do the work nature intended they should do.

Swamp-Root has stood the test of years. It is sold by all druggists on its merit and it should help you. No other kidney medicine has so many friends.

Be sure to get Swamp-Root and start treatment at once.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Whale Fat Is Eaten.

The last annual report of the United States commissioner of fisheries states that in 1914 Denmark used 20,000 barrels of hardened whale fat in the margarine industry.

Preparations are under way in Norway for utilizing this material in the same way. The product is said to keep and taste well. Whale fat is even better suited for making lard.

In this connection it is stated that experiments are in progress in the United States with fish oils to determine the possibility of making them suitable for use in the human dietary.

The world owes no man a living, but it owes every man an opportunity to make good.

Some men are as hard to get along with as bulky horses.

Save the Babies

INFANT MORTALITY is something frightful. We can hardly realize that of all the children born in civilized countries, twenty-two per cent., or nearly one-quarter, die before they reach one year; thirty-seven per cent., or more than one-third, before they are five, and one-half before they are fifteen!

We do not hesitate to say that a timely use of Castoria would save many of these precious lives. Neither do we hesitate to say that many of these infant deaths are occasioned by the use of narcotic preparations. Drops, tinctures and soothing syrups sold for children's complaints contain more or less opium or morphine. They are, in considerable quantities, deadly poisons. In any quantity, they stupefy, retard circulation and lead to congestions, sickness, death. There can be no danger in the use of Castoria if it bears the signature of Chas. H. Fletcher as it contains no opiates or narcotics of any kind.

Genuine Castoria always bears the signature of *Chas. H. Fletcher*

Suitable After All.

This young Frenchman had learned his English in France and found that it was often quite different from that used in the United States. After he had been over here a little more than a month his host asked him to substitute in his place at his card club. And he accepted.

When he entered the clubroom he tried as usual to make a speech which would be both complimentary and explanatory. "Ladies and gentlemen," he began, "I come not as a regular but as—"

The word "substitute" would not come to his memory. He knew that "volunteer" was not the suitable one. "I come not as a regular, but as a— and then came one—as a cavalier," he finished blandly.

A Natural Question.

Wary—"Did you ever see a dog what would eat dirt?" Walker—"What? Has some dog been a-bitching you?"

Not What He Meant.

Percy—"I'm doing my best to get ahead." Ethel—"Goodness knows, you need one."

FRECKLES

Now Is the Time to Get Rid of These Ugly Spots

There's no longer the slightest need of feeling ashamed of your freckles, as Othine—double strength—is guaranteed to remove these homely spots. Simply get an ounce of Othine—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

That's Different.

Visitor—"How many men are studying at Lehigh?" Host—"Oh! Not half of them."—Lehigh Burr.

It's pretty hard to keep a fool driver out of an accident.

OLD AGE STARTS WITH YOUR KIDNEYS

Science says that old age begins with weakened kidneys and digestive organs. This being true, it is easy to believe that by keeping the kidneys and digestive organs cleansed and in proper working order old age can be deferred and life prolonged far beyond that enjoyed by the average person.

For over 200 years GOLD MEDAL HANCIEM OIL has been relieving the weakness and disability due to advancing years. It is a standard old-time home remedy and needs no introduction. GOLD MEDAL HANCIEM OIL is enclosed in odorless, tasteless capsules containing about 5 drops each. Take them as you would a pill, with a swallow of water. The oil stimulates the kidney

action and enables the organs to throw off the poisons which cause premature old age. New life and strength increase as you continue the treatment. When completely restored, continue taking a capsule or two each day. GOLD MEDAL HANCIEM OIL CAPSULES keep you in health and vigor and prevent a return of the disease.

Do not wait until old age or disease have settled down for good. At the first sign that your kidneys are not working properly, go to your druggist and get a box of GOLD MEDAL HANCIEM OIL CAPSULES. Money refunded if they do not help you. Three sizes. But remember to ask for the original imported GOLD MEDAL brand. In sealed packages.

His New Excuse.

Mrs. Flatbush—Where have you been till this late hour?
Mr. Flatbush—To the lecture, as I told you before I went.

"But you wouldn't be at a lecture as late as this?"
"Oh, yes I would. You see, the lecturer stuttered."

Don't Forget Cuticura Talcum

When adding to your toilet requisites. An exquisitely scented face, skin, baby and dusting powder and perfume, rendering other perfumes superfluous. You may rely on it because one of the Cuticura Trio (Soap, Ointment and Talcum). 25c each everywhere.—Adv.

Verge of Happiness.

He—Are you happy, dear?
She—I'm within a hat and two gowns and a parasol of being so.

Opinions held by the average man are of the second-hand variety.

He who laughs last may laugh best, but he who eats first eats best.

MURINE
Resists, Refreshes, Soothes, Heals—Keep your Eyes Strong and Healthy! If they Tingle, Smart, Itch, or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Safe for Infant or Adult. At all Druggists. Write for Free Eye Book. Murine Eye Remedy Company, Chicago, U. S. A.

Banner Lye



is easy to use

No other lye is packed so safely and conveniently, or is so economical—not a bit wasted.

No other lye or soap cleans and disinfects so easily and thoroughly as Banner Lye. It is not old-style lye. Odorless and colorless; the greatest cleanser and disinfectant the world has ever known. Use it for cleaning your kitchen, cellar, sink, dairy, milk-pans and bottles, for softening water, and the labor of washing and cleaning will be cut in half. **MAKES PURE SOAP** and saves money besides. A 10-cent can of Banner Lye, 3½ pounds of kitchen grease, ten minutes' easy work (no boiling or large kettles), and you have 10 pounds of best hard soap or 10 gallons of soft soap.

Banner Lye is sold by your grocer or druggist. Write to us for free booklet, "Uses of Banner Lye."

The Penn Chemical Works Philadelphia U.S.A.

PARKER'S HAIR BALM
A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c and \$1.00 at Druggists.

BOYS AND GIRLS

Earn money during vacation. Sam. 10c. Stamp for part. Victory Sales Co., Swinvale, Pa.

IS YOUR MONEY EARNING 8%? Our proposition insures three times that much in dividends payable promptly. Address Harvester Co., 333 Center, Des Moines, Iowa.

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